

THIRTIETH ANNUAL - SEAMAN RELAYS

Friday, April 29, 2011

Dismiss from Class: 12:00
Bus Departs: 12:15
Return: 12:30 am?

TEAMS: (15 schools) Emporia, Hayden, Junction City, Lawrence, Lawrence Free State, Leavenworth, Manhattan, Olathe North, S.M. North, S.M. Northwest, S.M. South, Topeka West, Washburn Rural, Wichita-Carroll, and host Seaman.

The following (6 schools) will send top individuals: Jeff North, Jeff West, Royal Valley, Silver Lake, Wamego, and Wichita Trinity Academy.

AWARDS: Medals will be given to the top (4) finishers in individual and relay events. Team Plaques will be awarded to the 1st and 2nd place teams at the conclusion of the meet.

ENTRIES: Each school may enter (3) individuals per event with the exception of the 100m, 200m, and HH, where only (2) individuals are allowed.

FACILITIES: A new (8) lane 400m polyurethane rubberized surface. HJ, LJ, TJ, PV, and JAVELIN runways have the same surface. ***Please do not wear spikes in the stadium.***

DRESSING: Limited dressing space is available in the varsity locker rooms. If possible, come dressed to compete. Please notify us if you wish to dress at Seaman.

WEIGH-IN: All throwing implements will be weighed in at the garage door at the north end of the stadium. **Implements not making weight will be held until the event has concluded.**

SCORING: Individual Events: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1

RESULTS: Results will be made available at the conclusion of the meet.

ADDITIONAL INFORMATION

1. Coaches and athletes who are not participating are asked to **please stay off of the infield.** **Remind your athletes of rules concerning jewelry, uniforms, and sportsmanship.**
2. Rest rooms and concessions are located beneath the stadium.
3. **The Seaman Athletic Booster Club will have a concession stand for all to enjoy. For \$4 enjoy a HAMBURGER, CHIPS, and a 20 oz. DRINK or for \$3 enjoy a HOTDOG, CHIPS, and a 20 oz. DRINK.** Make checks payable to: "Seaman Athletic Booster Club".
4. **Field Event Athletes** - Please report promptly to your event areas at the scheduled times. Track athletes must report to the bullpen area 10 minutes prior to their event. Please advise athletes to be extremely careful while walking to or from the throwing areas.
5. **Runway Markers** - Please bring a marker to be placed beside the runway. No tape, chalk, or any type of marking will be allowed on the LONG JUMP, TRIPLE JUMP, JAVELIN, and POLE VAULT runways.
6. **High Jump/Pole Vault** - we will start jumping at the following heights if the entries show at least (8) contestants have cleared them.

Boys High Jump	will start at	5'8"
Girls High Jump	will start at	4'8"

Boys Pole Vault	will start at	11'0"
Girls Pole Vault	will start at	8'0"

7. **Measurements** - No measurements will be taken in field events if performances are below the following standards. We will attempt to have arcs to estimate the distance with reasonable accuracy. Because of time, the only alternative to this system is to limit entries; but we believe participation is more important.

BOYS			GIRLS		
Long Jump	-----	20'0"	Long Jump	-----	15'0"
Shot	-----	44'0"	Shot	-----	30'0"
Discus	-----	120'0"	Discus	-----	85'0"
Javelin	-----	140'0"	Javelin	-----	90'0"
Triple Jump	-----	39'0"	Triple Jump	-----	30'0"

Like the pole vault and high jump, these standards will be reduced if they have not been met by a least (8) contestants or inclement weather conditions exist.

FIELD EVENTS

3:00 pm.	BOYS SHOT	GIRLS to follow
	GIRLS DISCUS	BOYS to follow
	GIRLS JAVELIN	BOYS to follow
	GIRLS HIGH JUMP	BOYS to follow
	BOYS LONG JUMP	BOYS TRIPLE JUMP to follow
	GIRLS LONG JUMP	GIRLS TRIPLE JUMP to follow
	BOYS POLE VAULT	GIRLS to follow
	(NOTE: ONLY (4) JUMPS IN THE BOYS & GIRLS TRIPLE JUMP)	

PRELIMINARIES

3:30	100m HH	GIRLS	4 HEATS
3:45	110m HH	BOYS	4 HEATS
4:00	100m	GIRLS	4 HEATS
4:15	100m	BOYS	4 HEATS
4:30	200m	GIRLS	4 HEATS
4:45	200m	BOYS	4 HEATS

FINALS

5:30	4x800m Relay	GIRLS	
5:45	4x800m Relay	BOYS	
6:00	100m HH	GIRLS	
6:10	110m HH	BOYS	
6:20	100m	GIRLS	
6:25	100m	BOYS	
6:30	1600m	GIRLS	2 HEATS
6:45	1600m	BOYS	2 HEATS
7:00	4x100m Relay	GIRLS	2 HEATS
7:10	4x100m Relay	BOYS	2 HEATS
7:20	400m	GIRLS	5 HEATS
7:40	400m	BOYS	5 HEATS
8:00	300m LH	GIRLS	5 HEATS
8:20	300m IH	BOYS	5 HEATS
8:40	800m	GIRLS	2 HEATS
8:55	800m	BOYS	2 HEATS
9:10	200m	GIRLS	
9:15	200m	BOYS	
9:20	3200m	GIRLS	
9:35	3200m	BOYS	
9:50	4x400m Relay	GIRLS	2 HEATS
10:00	4x400m Relay	BOYS	2 HEATS

The Booster Club will be purchasing Pizza for the team and we will be eating it after the meet.